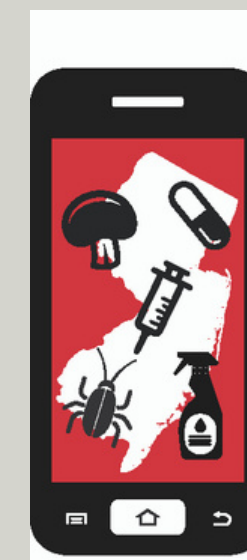


FOOD SAFETY & TIPS FOR A SAFE



Danielle R. Bartsche,
BS, CHES



1-800-222-1222

**New Jersey
Poison Center**





DON'T WASH YOUR TURKEY!!!



Washing the turkey can
cause lead to the spread
of germs that will cause
cross contamination and
make people sick.

THANKSGIVING COOKING TIPS



Make sure turkey is
COMPLETELY defrosted
before putting it in the oven.

Cook the stuffing separately
from the turkey.

Use a food thermometer to
check for safe internal temperatures.

THE "DANGER ZONE"

CAN SPOIL THANKSGIVING DINNER



Bacteria and other germs grow quickly in foods that reach temperatures in the “Danger Zone” — between 40°F – 140°F.

Germs can grow very quickly in foods left at room temperature for more than two hours.



Food poisoning is common and can cause mild to severe sickness.



A person may not feel sick right away because symptoms may appear a few hours or even a few days after eating.



Signs of food Poisoning

Upset Stomach
Stomach Cramps
Nausea
Vomiting
Diarrhea
Fever

Fast, Free, Expert Advice
24/7/365



CLEAN



Wash hands for at least 20 seconds
with soap and warm water
before, during, and after preparing
food and before eating.



Avoid cross contamination by
washing hands, utensils, cutting boards, and
countertops after preparing each food item.



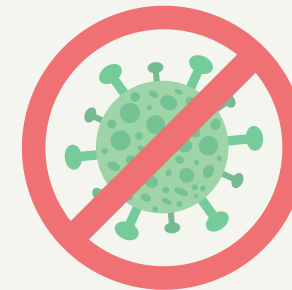
Rinse fruits and vegetables
under running water – do not use
soap or cleansers unless it is food safe!!!



← →
SEPARATE



Raw meat, poultry, seafood, and eggs can spread germs to ready-to-eat food unless you keep them separate.



When grocery shopping, keep raw meat, poultry, seafood, and their juices away from other foods.



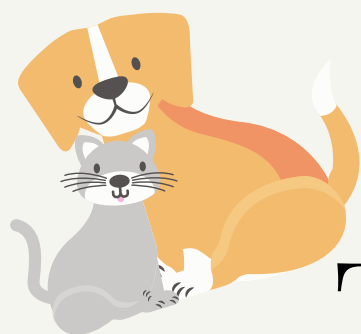
← →
SEPARATE



Keep raw or marinating meat, poultry, seafood, and eggs separate from all other foods in the refrigerator.



Store raw meat, poultry, and seafood in sealed containers or packages so the juices don't leak onto other foods.



If you're sharing
Thanksgiving dinner
with pets, make sure to
do so in moderation.



Tell guests to keep
foods away from pets
to keep them from
getting sick

Food that is safe for
you is not always
safe for them

Many Thanksgiving
foods can make
them sick

- ⊘ Grapes/raisins
- ⊘ Fatty foods
- ⊘ Chocolate/candy
- ⊘ Garlic
- ⊘ Onions

njpies.org



1-800-222-1222

New Jersey
Poison Center



Thank You!!!

New Jersey Poison Control Center

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For NJ Residents
Poison Calls **ONLY**: 1-800-222-1222
Coronavirus Calls **ONLY**: 1-800-962-1253

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